

DIET AND EXERCISE

What you eat

The food you eat contains three main types of nutrients—carbohydrate, protein, and fat. When the carbohydrates in food are digested, they are turned into sugar (glucose). Eating carbohydrate foods can quickly raise blood sugar levels.

The goal is to choose carbs that are rich in fiber, vitamins, and minerals, and low in added sugar, sodium and unhealthy fats.

When choosing a carbohydrate

at the most of these

Whole vegetables like lettuce, cucumbers, broccoli, tomatoes, and green beans that have a lot of fiber and very little carbohydrate.

- Fruits like apples, blueberries, strawberries, and cantaloupe
- Whole intact grains like brown rice, whole wheat bread, whole grain pasta, and oatmeal
- Starchy vegetables like corn, green beans, sweet potatoes, pumpkin and plantain
- Beans and lentils like black beans, kidney beans, chickpeas, and green lentils
- Low fat foods, low fat milk, yogurt and cheese

at the least of these

- Sugary drinks like soda, sweet tea, and juice drinks
- Refined grains like white bread, white rice, and sugary cereal
- Sweet and snack foods like cake, cookies, candy, and chips

Fiber comes from plant-based foods.

Good sources of dietary fiber include:

- Beans and legumes like black beans, kidney beans, pinto, and lentils
- Fruits and vegetables. • Nuts
- Whole grains such as whole wheat pasta, whole grain cereals, bran, oats

Each meal should include foods that contain carbohydrates, proteins, and fats.

- Your 9 inch plate should be half full of vegetables.
- Limit the protein and carbohydrates to 1/4th of the plate each.
- Sweets and sauces should be used in very small portions.

Low fat milk, cheese, and yogurt are both a carbohydrate and a protein

Starting Insulin – a patient guide

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Exercise

People who use insulin need to exercise regularly. Pick something you like and can do often.

Many things you already do are exercise,

- walking your dog
- working in the yard
- park farther away from stores to increase your walking
- take the stairs instead of the elevator.
- cleaning the house
- washing the car

Do **not** start a strenuous exercise program without checking with your healthcare provider.



Aerobic exercise

makes your heart beat faster

- brisk walking
- swimming
- biking
- basketball
- tennis
- exercise classes

Strength training

makes your muscles stronger

- lifting weights
- elastic exercise bands
- weight machines.



Stretching includes yoga and other activities that improve your flexibility.

Physical activity will lower blood sugar. When first starting to exercise, check your blood sugar after you exercise to make sure it is not too low. You may need to adjust your dose of insulin to prevent your blood sugar from falling too low.

When you exercise

- Wear or carry some type of personal identification (bracelet, necklace, etc.) that says you are diabetic.
- Carry food or glucose tablets in case your blood sugar is drops after exercise.